

Beyond the Walls of the RFC...

Here are some good outdoor trails to try whether you run, walk, or bike

All loops start on the centennial trail in front of the Martin Center (RFC)



Mission Park/Witter Pool Loop 2 miles: This is a nice, easy, flat 2 miles. **Directions:** Turn left onto the Centennial Trail in front of the Martin Centre. Cross over the Hamilton bridge and continue to follow the trail. When you get to Mission St. you will have Mission Park on your left and the inviting water of Witter Pool on your right. Enjoy the water fountain before heading back on your left just passed the parking lot.



Carousel Loop 2.5 miles: This trail leads you into Riverfront Park via the Centennial Trail. This is a nice flat loop with nice breezes from the river and lots of opportunity for people and duck watching. **Directions:** Turn right onto the Centennial Trail from the Martin Centre parking lot. Follow the trail along the river until you reach the carousel. Loop around the carousel, cross over the bridge and follow the river on the opposite side back to campus.



Gonzaga University Loop 3.1 miles: Take a tour on Gonzaga's beautiful manicured campus bordering the shores of the Spokane River. **Directions:** Turn right on to the Centennial Trail in front of the Martin Centre. Cross the bridge take a right on the trail following the river. When you get to the Division Street Bridge, climb the stairs to your left and cross back over the river. Take a right by Ripples and follow the trail back to Jundt. Go up the hill(Lake Arthur on your right) curving to the right passing Jepson(on your right) and continue to the road, hang a left. Hang a left on Boone St. till you reach Ruby and take a right. When you reach Sharp hang a right and continue to Cincinnati, take a right. Continue passed Mulligan field and the McCarthey Athletic Center. When you hit the trail turn right and end back to the river for a nice cool down stretch on the river's edge.



Green Street Bridge Loop 5 miles: The perfect lunch time loop! **Directions:** Turn left on to the Centennial Trail in front of the Martin Centre. Follow the trail to just before the Green Street bridge (if you reach mile 19 you have gone to far). Turn left off of the trail on Carlisle Rd. which will take you up to Green St. Take a right on Green St over the bridge. Turn right on the next street. Follow it down, and turn right on Regal St. This road ends. Take a left on South Riverton. Follow that road along the river (you will see signs for bike trail). This road dead ends at Mission, take a right. At the next light take a left and follow the trail home.



Bloomsday Race Day Loop 9.4 miles: Here is your chance to reenact this famous Spokane event any day of the year. Scenic and challenging all in one loop. **Directions:** Turn right on to the Centennial Trail in front of the Martin Centre. Follow the trail downtown. When you get to the park look for Washington St. Take Washington up to Riverside Ave, take a right. Riverside

turns into 2nd. Turn right on Government Way (look for the cemetery as you climb up cemetery hill). Take a right on Fort George Wright Dr (look for SFCC, on your left). Down a hill cross the bridge and turn right on Pettet Dr. and start the beginning of the infamous Doomsday Hill (good luck!!). At the top turn left on Lindeke Rd and another left on Broadway which will take you back to Monroe St and the edge of the park. Follow the trail back to campus.

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• **Boulder Beach Loop 11.4 miles:** An out and back loop with a beach (great place for a short yoga session). **Directions:** Turn left onto the Centennial Trail in front of the Martin Centre. Follow the trail markers. As you reach mile marker 16 you will see the sparkling waters of the Spokane River and bathing beauties alike. Enjoy the beach and head back following the same route.



• **Grapes of Wrath Loop 20 miles:** This probably will not be as hard as homesteading the west but it will be darn close. This view of Spokane will be well worth the effort. **Directions:** Turn left onto the Centennial Trail in front of the Martin Centre. Follow the trail passed Mission Park, passed Boulder beach, when you reach the intersection of Argonne and Upriver Drive, keep going. The trail signs will point you to take a right and go down Farr Rd. Ignore that. Stay on Upriver Dr for about another mile. You will see a left hand turn and a sign for Arbor Crest, start heading up that road. This is tough, tough, tough hill (about 1 mile) so go slow. When you get to the top take a right into the vineyard and follow it down to the edge of the grounds. Enjoy the view!! Head back following the same route. Or stay, get a free tour and have someone come pick you up.